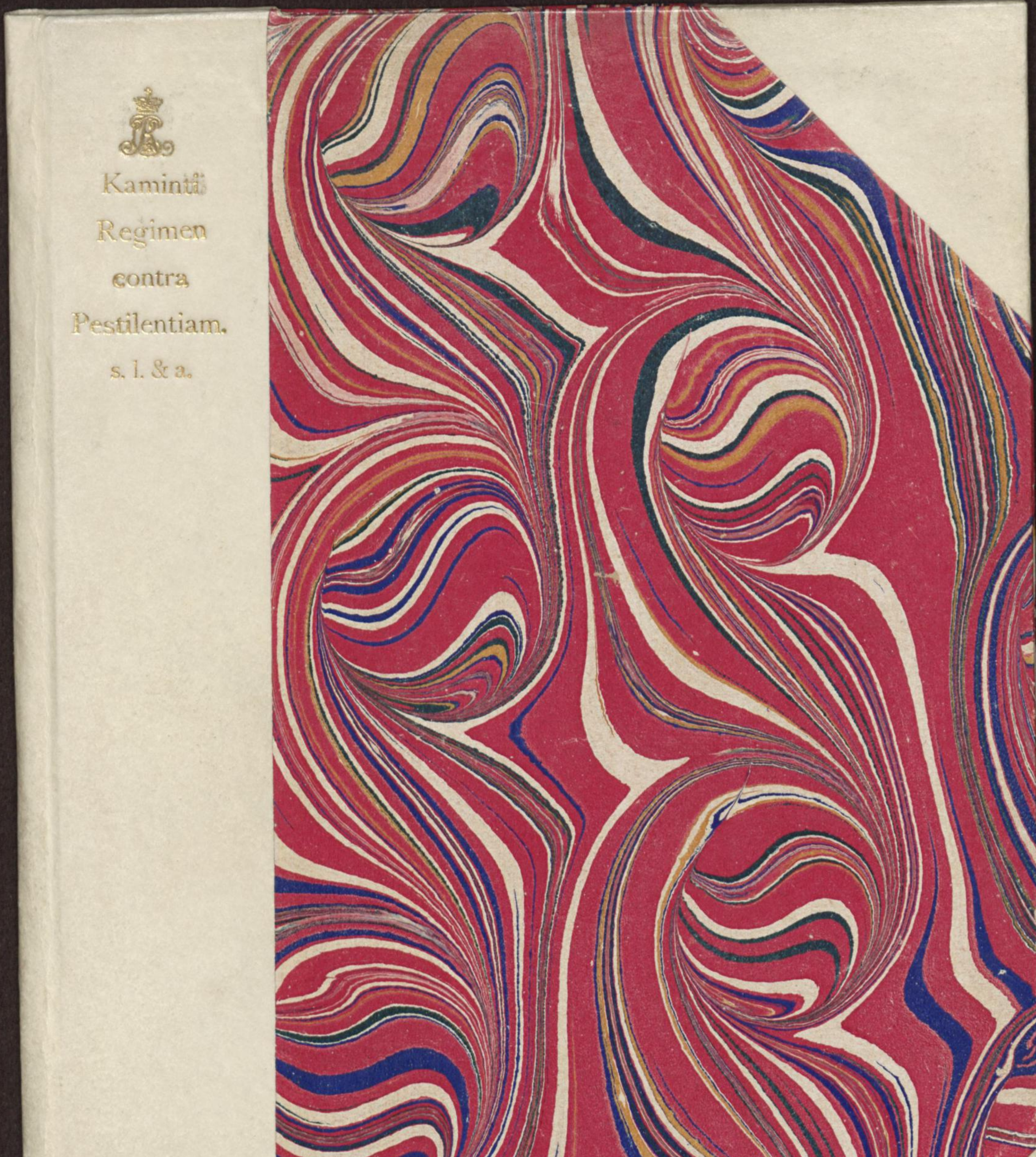
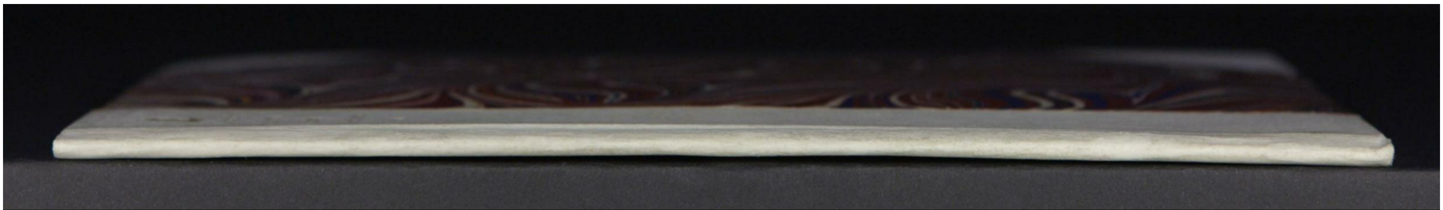


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Hain 9756.
Victor Madsen 3460

[Köln, Cornelius de Zyrickzee.]

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Regimen cōtra peſtilen tiam ſiue Epidimiam Reuerendiſſimi domini Kaminti Epiſcopi Aruſienſis Ciuitatis regni dacie artis medicine expertiſſimi profeſſoris

Regimen ſanitatis per circulum anni valde vtile

n. 4443

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¶ Ad honorem ſancte et indiuidue trinitatis glorioſeq́ʒ virgi-
nis Marie. et ad vtilitatem reipublice. pro ꝯſeruatiōe ſanorū ac
reformatōe lapſoꝝ. volo aliq̄ de peſtilentia q̄ nos frequētius in-
uadit ex dictiſ medicoꝝ magiſ autenticoꝝ ſcribere Et primo

¶ De ſignis pronoſticis eius
¶ Secundo de cauſis ¶ Tercio de remedijs
¶ Quarto de ꝯfortamibꝰ cordis ꝛ pn̄cipaliū mēbroꝝ
Quinto et vltimo de fleubothomia

Signa peſtilentie pnoſtica ſeptē ad pn̄s aſſig-
nant̄ Primū eſt qn̄ in vna die eſtiali aura ſepe
mutat̄. vt de mane appet pluuioſa. deīn nebu-
loſa. deīn ventoſa et pcipue a vento meridiona-
li Scōm ſignū eſt qn̄ ſepe in tpe eſtiuali dies ap-
pent totalit̄ obſcuri et velle pluere et nō pluit. et
tunc ſi diu durauerit timendū eſt de magna peſtilētia Terciū
eſt qn̄ ſūt multe muſce ſup terrā h̄ ſignū eſt q̄ aer venenoſus eſt
et īfectus Quartū eſt qn̄ ſtelle ſepe videant̄ cadere ꝛ iterū ſignū ē
q̄ aer ſit infectus. et q̄ multi vapores infecti ſunt in aere Quītū
ſignū eſt qn̄ cometa videt̄ volare Et ſicut hebet̄ in methauris
Iſta ꝯtingūt quādo cometa apparet ſcilicʒ interfectio hōīnū in
bellis ꝛc̄ vn̄ꝰ Mors furit. vrbs rapit̄. ſeuit mare. ſol operit̄ Reg-
nū mutatur. plebs peſte fame cruciat̄ Sextū ſignū eſt quādo
multa fulgura et tonitrua ſiūt et pcipue venientia a pte meridio-
nali Septimū ſignū eſt qn̄ multe vētoſitates a meridie pcedūt
Ille eīm ſordeſcūt et imūde ſūt Qn̄ igit̄ iſta ſigna appent timēdū
eſt de mag̃ peſtilētia niſi deus omīps ipā ʒ ſua pietate vellʒ āmouē

¶ De cauſis peſtilentie
Cauſa peſtilentie triplex eſt. qn̄q́ʒ eīm venit a radice in-
feriori. aliqn̄ a radice ſupiori. ita q̄ ſenſualiter appet nobis mu-
tatio aeris Et qn̄q́ʒ venit ab vtroq́ʒ. ſ. a radice ſupiori ꝛ īferiori
ſimul A radice q̄dem inferiori vt nos videmus ex latrina pe
camerā vel ex alq̄ re pticulari corrūpi aerem in ſubſtā et q̄litate
Et eſt pticularis et pt accidere oīm aīe Inde etiā pcedit febris
peſtilentialꝭ circa quā multi medici decepti ſūt talē febrē eſſe peſtilē

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tialem nõ credentes Qñq3 etiã venit a cadauerlbus mortuoꝝ
vl' ex corruptõe ſtagnoꝝ. et ꝯtingit freq̄nter in locꝫ coruptꝫ Et
iſta aliqñ eſt vl'is. aliqñ ꝑticlaris A radice ꝓo ſuꝑiori accidit ꝓ
tute corꝑm celeſtiũ. ex q̄bus ſpũs vital' corrũpit̃ i aĩali. et de illa
d't auicẽna li. iiij. Ex forma celi corꝑa valde inficiunt̃. nã ĩpreſ
ſio celeſtis corrupit aerẽ et ſic ſpũs corrũpit̃ in hoĩe A radice ꝓo
ſuꝑiori ꝛ ĩferiori ſil' ꝓueĩt qñ ex ĩpreſſione celeſti corrũpẽte aerẽ ꝛ
putrefactõe cadaueꝝ vl' locoꝝ cãtur morb⁹ in hoĩe. ꝛ tal' morb⁹
qñq3 eſt febrꝫ qñq3 apoſtẽa ꝛ h̄ vt in ꝑlibus Aer eñi iſp[ir]at⁹ ali
qñ venẽoſus eſt ꝛ corrupt⁹ ledens cor. ita vt natura mlt[i]pl'r ag
grauat̃. imo intãtũ q̄ nõ ꝑcipit ſuã leſionẽ Nã appent hõe vrine
et bõe digeſtiões ꝛ tñ patiẽs tendit ad mortẽ Vñ mlti medici
in patiẽtib⁹ vrinã attendẽtes ſuꝑficial'r loquũt̃ et decipiunt̃ Ne
ceſſe ẽ igit̃ q̄ q̄lib3 patiẽs ꝓuideat ſibi de medico ꝓuido ꝛ exꝑto
Ex iſtꝫ vident̃ dcã de cauſis peſtilentie S3 circa h̄ mouẽt̃ due
q̄ſtiões Pria q̄re vnus morit̃. alter nõ. et in illa villa moriuntur
hoĩes ꝛ in illa domo in alia ãt nõ Scda an tales morbi peſtilẽ
tiales ſint ꝯtagioſi Ad primũ dico q̄ h̄ p̄t ꝯtingere ex duob⁹ ſc3
ex ꝑte agentꝫ ꝛ ex ꝑte patientꝫ Ex ꝑte q̄dem agentꝫ q2 illa influẽ
tia ſuꝑceleſtꝫ directi⁹ influit illũ vl' illũ q̄3 illũ ꝛ illũ locũ Sed ex
ꝑte patientꝫ q2 ille eſt magꝫ diſpõitus ad mortẽ q̄3 alt̃ Vñ nota
q̄ corꝑa magis diſpoſita ſtꝫ corꝑa calida latorũ pororũ. corꝑa
infecta. et habentia poros opilatos multꝫ hũoribus Vñ corꝑa
a quibus ſit magna reſolutio. ſicut ſtꝫ homĩes abutentes coitu
vel ſeruientes balneis. et homines qui caleſiunt magno labore
vel magna ira habent corpora magis diſpoſita ad morbũ peſti
lenticum Ad ſecũdum dico q̄ tales morbi peſtilentiales ſunt
contagioſi quia a corporibus effluunt infecti humores. et fumi
venenoſi aerem corrumpentes. et ideo fugiendum eſt ab infectꝫ
ymmo tempore peſtilentiali nullus deb3 ſtare in cumulo popu
lorum quia poteſt eſſe aliquis illorum infectus Ratione cuius
prudentes medici viſitãdo infirmos ſtãt longe a patientib⁹ te
nẽtes faciẽ verſus feneſtrã. ſic etiam ſtare debent infirmorũ ſer
uitores Unde patienti bonum eſt per dies mutare cameram et
frequentius habere feneſtras verſus boream vel verſus orientẽ
apertas Feneſtre vero verſus meridiem teneantur ſꝑ clauſe

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Ventus em̄ meridional' hꝫ in ſe duas cās putrefactōis Pria ē
ꝙ debilitat corpa tā ſanoꝝ q̄ꝫ infirmoꝝ Scd̄a eſt qꝛ ſicut pꝫ iñ
amphoriſmoꝝ Auſter ventus inflat⁹ g̃uat auditū ⁊ ledit cor. qꝛ
apit poros corpis et intrat vſqꝫ ad cor Quare bonū ē ſano tpe
peſtis qn̄ flat ventus meridional' manere in domo ꝑ totū diem
Si aūt neceſſe fuerit vt exire debeat maneat in domo vſqꝫ ad
eleuationē ſolis ſuper oriſontem noſtrum

¶ De remedijs peſtilentie

VIſis cauſ peſtilētie dicendū eſt q̄lit̄ q̄s ſe debeat a peſti
lētia preſeruare Pro quo notādū eſt iuxta dictū ſummi
medici ꝑ dauid dicentē ꝙ homo prio ſe debeat diuer-
Confessio peccat tere a malo ad bonū et hūiliter pctā ſua confiteri. q̄re ſummū re
mediū eſt vt tpe peſtilentie pn̄ia et ꝯfeſſio ceteꝝ medicamentꝭ p̄
ferant̄ pmitto tn̄ ſumme ꝙ bonū r̄mediū eſt fugere ⁊ locū infec
fuga loci infecti tū mutare Sed qꝛ m̄lti ꝯmodo ſe locū mutare nō pn̄t. ideo q̄ꝫcū
poſſibil' fuerit. ab eis om̄is cauſa putredis euitet̄ et ex ꝯn̄ti oīs
coitus etiā p̄cipue cauēdus eſt vētus meridional' qꝛ nāliter īficit
Claudant̄ ergo feneſtre (vt dc̄m̄ eſt) verſus meridiē vſqꝫ ad ho
rā primā. aperiant̄ verſus ſeptentrionē Eadē de cauſa om̄is fe
tor eſt euitādus vtputa ſtabuloꝝ. cāpoꝝ. plateaꝝ. et p̄cipue in
fectoꝝ cadaueꝝ putrefactoꝝ et maxie fetor aq̄ꝝ nā in aliq̄bus
domib⁹ ꝯſuat̄ aqua ꝑ duos dies vel noctes. vel ſtꝭ trāſitus ſub
terranei aquaꝝ in quibus ſuant̄ aque ꝓiecte q̄ etiā magnū cau
ſant fetorē Ex iſta cā etiā ꝯtigit ꝙ aliq̄ moriūt̄ in illa domo vbi
talia ꝯtingūt et in alia nō vt dc̄m̄ eſt Silr̄ in illo loco vbi effun
dūtur olera putrida qꝛ olera putrefacta faciunt nociuū fetoreꝫ
Vn̄ ſicut ꝑ odorē aromaticū cor et ſpūs recreant̄. ita ex nociuo
aer infectus debilitant̄ Quare ſeruāda eſt domus ne aer infectus ſubintret
cauendus. Aer em̄ infeetus hūidus eſt et putrefactioēꝫ in domo vel ī loco
dormitiōis naturaliter cauſat Subtilieť igit̄ domus ꝑ claraꝫ
flāmā et fiat ignis clar⁹ de lignis Fiat etiā cū fumigatōe herba
rū infra ſcriptaꝝ videlicꝫ baccelauri. iunipi. vberiorgani. et hn̄-
tur in apothecis. abſinthij. hyſopi. rute arthimeſie atqꝫ ligni alo
esq̄ꝺ melius valeret. ſꝫ ꝑ puo precio ꝯparari nō pt̄. ⁊ tal' fumus
īſpiret̄ ꝑ os et nares qꝛ ſic iteriora ratificāt Eadē de cauſa vitet̄
repletio. hōis repletio. quia corpa plena malis hūoribus inficiūt̄ facili⁹

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Uñ dicit Auicēna quarto canonis ꝙ illi q̄ repletionē ſꝑ curant
periodū ⁊ finē vite ſue abbreuiant Item eadē de cā balneū cōīe
euitet̄ q: modicū fermentū totā maſſā corrūpit Uñ finalit̄ oñis
multitudo vl̄ cōitas euitet̄ in quantū poſſibile ſit ne ab anhelitu
īfecto aliq̄s inficiat̄ Sed qñ fieri nō p̄t vt cōitas euitet̄ tūc vtat̄
remedijs infra ſcriptꝫ De māe qñ aliq̄s ſurgit mox paꝝ come — mane comede
dat de ruta lota ī aqua mūda ⁊ ſale aſpſa cū nuce gallica vna vl̄ — Ruta lot
duab⁹ bñ mūdatis Si aūt illud hr̄e nō p̄t: tūc comedat panē vl̄
tortā intinctā aceto ⁊ hoc maxīe tp̄e turbido vl̄ nebuloſo In tp̄e
etiā peſtilēcie meli⁹ infra domū manere videt̄ q̄ꝫ exire. nec eſt ſa
nū ire ꝑ villā vel ciuitatē Dom⁹ etiā aſpget̄ (⁊ ſpeāliter in eſtate)
cū aceto ⁊ roſis ⁊ folijs vitis imo bonū ē in die frequēter lauare
man⁹ cū aqua ⁊ aceto ⁊ poſtea faciē tergere et odorare ad man⁹
Bonū ē igit̄ tā in eſtate q̄ꝫ in hyeme acetoſa odorare In monte
aūt peſſulano cōitatem vitare nō potui q: tranſiui de domo ad
domū curādo infirmos cā pauptatis mee Uñ ſpōgiā vl̄ panem
intinctū aceto mecū portaui tenens ad os ⁊ naſū q: oīa acetoſa
opilant meatū humoꝝ nec faciūt venenoſa intrare et ſic talem
euaſi peſtilenciam ſocijs meis nō credētibus me vitā retinere po
tuiſſe Omnia autem iſta remedia per meipſum ꝓbaui

¶ De cōfortaminibus cordis ⁊ aliorum membrorum

Cordis ꝯfortamina hec ſūt croc⁹. caſſiafiſtis plātago
cū ceteris herbis q̄ ratificāt ſpiritū iteriorē Hec em̄
p̄cipue valēt in vulgari cōitate vbi faciliter ꝯtingit ꝙ
vnus īficiat̄ ab alio iō ſūme caueat̄ ne ā helit⁹ inſpiret̄ ab aliquo.
Oculi etiā ab aere infecto obſcurātur ſi hō nō portauerit p̄dicta
in manu Ualde etem̄ ſanū ē ꝙ lauent̄ os oculi ⁊ man⁹ ſepius in
die cū aqua roſacea aceto mixta Si aūt p̄dicta habere nō p̄t tūc
faciat cū aceto. ⁊ ſic iſtis ſeruatis ſecur⁹ cōitatē intrabis Habet̄
etiā ꝓ magno remedio laxatio vētris Si aūt naturalr̄ fieri non
p̄t laxatio vētris ꝓuocet̄ artificialr̄ ꝑ ſuppoſitoriū ad qđ bñ va
lent pillule peſtilēciales q̄ habent̄ in apotheca In domo etiā ſꝑ
teneat̄ ignis q: mltum īpedit īpreſſionē celeſtem ⁊ clarificat aerē
De cibo aūt ſpecialiter dico ꝙ tyriaca ſūme vtilis eſt tā ſanis q̄ꝫ
infectis Sumat̄ igit̄ bis in die cū vino claro limphatico vel cū
aqua clara roſacea aut cū ceruiſia clara nec ſumat̄ de tyriaca niſi

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ad quantitatez vnius piſi de vino vero aqua vel ceruiſia ad q̄n
titatem duoꝝ coclearīū. tyriaca ī vaſe penitus diſſoluatur. diffe
rateꝫ̄ prādiū vſqꝫ ad mediū dīē vt tyriaca in corpe ſuā exerceat
opatōez Bonū inſup ferculū cū vino puro ſepe in die ſumēdū eſt
nō m̄ltū ſiml' qꝛ nimia ſuphabūdātia putrefctōez hūoꝝ inducit
Caueant in cibis oīa cale factia vt ſtꝫ pip ꝛ alliū lcꝫ eꝫ̄ pip cere
bꝝ a flegmate purgat ꝛ ſpūalia mēbra a viſcoꝝ hūorib⁹ qꝛ tū̄ ni-
mis calefacit ꝛ calefcō putrefcōez īducit pl⁹ videt ſola amaritu-
do q̄ꝫ calor odor et ſapor in ipſo placuiſſe Alliū etiā licꝫ a flegma
te purget ꝛ malos hūores eijcit ꝛ ꝓuocat appetitū comedendi et
aerem ſiccū intrare nō ꝑmittit qꝛ oculos ꝑturbat ꝛ caput vniuſ-
cuiuſqꝫ ſepe comedentis calefcit iō nō videt placuiſſe Peſtilētia
eꝫ̄ ex calida cā ſepe augmētatur Oēs igit cibi q̄nto facilioris di
geſtiōis ſtꝫ tāto meliores De mane ſumant cibaria bullita de no
cte ꝟo aſſata Brodia ꝛ pulmēta euitent niſi fuerit acetoſa Tpe
eꝫ̄ peſtilencie ꝓualent fercula acetoſa oīb⁹ medicis Silr euita-
ri dēnt oēs fructus niſi ſint acetoſi vt ſtꝫ ceraſa malagranata aut
modicū de piro vl' pomo loco medicine Nam oīs fructus putre
factionē inducit Spēs cōiter ꝯueīentes ſtꝫ ziziber cinamomū ci
minū flores muſcaꝝ ꝛ croc⁹ cū hiis eꝫ̄ optīa ſalſa ꝓ diuitib⁹ ꝓcu
rat Sꝫ ſi ſint paupes recipiant rutā ſaluiā nuces gallicas petro
cilinū ꝛ cū aceto miſceāt ſil' ꝛ eſt bona ſalſa Si aūt mediocres ſtꝫ
recipe dēnt ciminū ꝛ crocū ꝛ miſcere ſil' cū aceto tal' ſalſa valet. et
oēm putrefcōem ꝓhibet Etiā iocūditas cordis magnū remedi
um ſaītatis ē in corpe Quare cauēdū ē tpe peſtilēcie ne q̄s mortē
timeat ſꝫ ſine tiore ꝛ ſollicitudie peſtilēci al' morbi vl' ꝑiculi c⁹ cū
qꝫ lete viuendo ꝛ diu viuere ſperet

De fleubothomia

Fleubothoīa ſcl' in mēſe fieri p̄t niſi etas vl' aliq̄d hmōi
ꝓhibeat vt appet in pregnantib⁹. vl' in aliquo debili vl'
in paciētib⁹ fluxū vētris Fiat āt fleubothomia in baſi-
lica dextra vl' ſiniſtra an̄ cōeſtione poſt iciſionē ꝟo baſilice valet
eſſe gaudioſū ꝛ bibere bonū vinū vl' bonā ceruiſiā ſp tū̄ tpate nec
ē ꝯueniēs dormire illo dīe in quo baſilica ē iciſa Si q̄s āt apoſte
mate ſe grauatū ſenſerit vl' iā eē infectū tuuc omino vitet ſomnū
ambulādo qꝛ in ſomno calor intrinſece venenū inducit ad cor ꝛ
ad alia mēbra ſpūalia ita q̄ vix aliq̄ hba p̄t tale venenū ad ſtatū

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priſtinū reuocare qđ tm̄ nō fieret ſi hō eēt in motu Sȝ diceret ꝗs
ex quo ſōnus dēt vitari ꝗd ſi hƀet ſomnū naturalē Ad hoc dic
breuiter ꝙ in tpe peſtilēciali ſtati poſt comeſtionē ſi ꝗs hƀet libi
dinē dormiēdi tūc tal' libido dēt reuocari ꝑ ſpaciū in ortul' vl' in
cāpis ⁊ ſic ſōnus natural' p̄t fieri ꝑ vnā horā poſt coēſtionem Di
cit igit̄ Auicēna ꝙ ſi hō vellet dormire dēt bibere bonū hauſtū
añ dormitōēȝ qꝛ hō exñs in ſōno attrahit mltos hūores ⁊ iſti ma
li hūores depellunt̄ ꝑ hūorē boni hauſti Sȝ diceret ꝗs quō dēt
ſentire hō qñ eſt infectus Ad hoc rñdeo ꝙ hō ꝗ infectus eſt tali
die nō mltū comedit qꝛ eſt repletus malis hūoribus et ſtati poſt
prādium hȝ libidinē dormiēdi ⁊ magnā calefcōēȝ ſub frigore ſen
tit hȝ eciā magnū dolorem in āteriori ꝑte capitis ſȝ oīa iſta dȝ re
uocare ꝑ modicū ſpacij hic ⁊ ide Eq̄tare āt vl' ābulare nō p̄t ꝓpt̄
nimiā pigriciā corꝑis ⁊ pōderoſitatē nā hō infect⁹ oī hora libidi
nē hȝ dormiēdi qꝛ venenū itnſecū ꝑturbat ſpm̄ vitalē ſic ꝙ ſꝑ tē
dit ad reqē Ex iſtis igit̄ ſignis homo ſentit ſe infectū. Si ꝗs āt
credere nollet expectet ꝑ mediū diē ⁊ ſtatim ſentiet apoſtema ſƀ
brachijs vel ēca pudibūda vel ēca aures Eſt āt ſūmū remediū ſi
ꝗs ſenſerit oīa p̄dcā tpe peſtilēciali vt ſōnum vitet qꝛ ſicut ex pre
dictis p̄tȝ in ſōno ſpūs vital' ꝗeſcit venenū āt aſꝑgit̄ ꝑ mēbra hic
⁊ ide Hec oīa ꝑ meipm ꝓbaui Iſtis āt ſic ſtantib⁹ qñ hō ſenſerit
ſe eſſe infectū ꝗꝫ citius fieri p̄t eodē die ſāguinē miñat abūde vſȝ
ad ſyncopim .i. vſqȝ ad vertiginē qꝛ ꝑua minutio ſanguinis ve
nenū excitat Si āt hō nō vellet incidere pl'es veās ſiml' tūc ꝑmit
tat trāſire venā inciſā vt prius dcm̄ ē vſqȝ ad retardatōēȝ ſāguis
qꝛ ꝑua fluxio ſangnis venenū forci⁹ excitat vt patuit. Itē hō in
ciſus venis ſiue ſit infect⁹ ſiue non ſꝑ vitet ſomnū per diē vſqȝ ad
mediā noctē et ſꝑ in eadē ꝑte corꝑis in q̄ apoſtēa apparuerit fiat
inciſio vene. Si ſ͞ꝯo apparet apoſteā ſub brachio dextro fiat fleu
bothomia ī medio eiuſdem brachij de mediana Si āt ſƀ ſiniſtro
fiat fleubothomia in mediana eiuſdē brachij vel in epatica .i. in
vena circa paruū digitū Et ſi ēca pudibūda fiat fleubotbōia in
pede eiuſdē lateris ēca calcē. Si aūt apoſteā fuerit in collo fiat
fleubothomia de cephalica ēca pollicē in maū lateris eiuſdē vel
mediana eiuſdē brachij vl' i maū eiuſdē laterȝ ēca digitū minorē
Si aūt aꝑꝑuerit ēca aurē fiat fleubotbōia de cephalica eiuſdē

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laterꝫ vel de vena q̄ ē int̄ idicē ⁊ pollicem ne ml̄ta venenoſa inua
dāt cerebꝝ. vl̄ de vena q̄ ē circa mīorē digitū vel cca articulū q̄ a
multis medicis appellat̄ baſilica Si apparuerit in ſcapulis mi-
nue cū vētoſis ⁊ prīo minue medianā. Si ī dorſo miūe ſupra pe
dicā magn̄ Et h̄ oīa fiāt ſi bō nō dormierit añ ꝯgnitōez apoſte
matis Si aūt talia apoſtēata ſēſerit pꝰ dormitōez tūc fieri dꝫ mi
nutio in pᷓte crucifixa vt ſi apoſtēa apparuerit in brachio dextro
fiat fleubothoīa de brachio ſiniſtro de epate vl̄ baſilica vel d̄ me
diana Et ſi appᷓuerit apoſtēa ſb̄ brachio dextro fiat ꝃꝫ ꝙ dcm̄
ē de brachio ſiniſtro et ſic de alijs locꝫ in q̄bꝰ apparuerit apoſtēa
ita ꝙ ſp̄ fiat oppoſito modo Minutus ꝟo ſi ſit valđ debilis tūc
p̄t fieri dormitio poſt mediū diē ⁊ ſp̄ infra mediū diem dꝫ eſſe in
ꝯtiūo motu eq̄tando vel trāſeundo moderate. Et ſi poſtea cre-
uerit apoſtēa nō timet qꝛ tale apoſteā eſt malū expellēs ⁊ reddit
hoīez valđ ſanū Ut aūt citiꝰ ⁊ facilius apoſtēa matureſcat ⁊ rū-
pat̄ dꝫ fieri medicamentū tali modo Tere folia ſābuci ⁊ adde ſy
napū tritū et fac ēplaſtꝝ deiñ ſuppōe apoſteāti. aliq̄ ꝟo chirurgi
ci volūt ꝙ addat̄ tiriaca ſꝫ ſūme ſuadeo ꝙ nō fiat nā ip̄a tyriaca
venenū expellit melius ꝟo videt̄ ſi aliq̄s h̄ɀet apoſtēa ꝙ bibat ty
riacā ⁊ ſic expellit venenū. Item aliud remediū accipe barbā
iouis ſerpillū gallice ſeruefil plātaginē ⁊ modicū de ſiligie ⁊ tere
hec oīa in ſimul donec videris aquā iñ exire deiñ miſce aquā illā
cū lacte mulieris ⁊ da illi bibere q̄ apoſtema habuerit ⁊ hoc fieri
dꝫ ieiuno ſtomacho qꝛ eo melius operat̄ in hoīe Item cū prīo
apoſtema apparuerit. recipiet auellanas. ficus ⁊ rutam. ⁊ ꝯtun-
dat ſimul deiñ ſupponat ¶ Et hec ad pn̄s dcā de peſtilencia
ſufficiant Si q̄s āt ꝃꝫ modū p̄dcm̄ ſe rexerit huiꝰ morbi conta-
gioſi pᷓicula bn̄ euadet. p̄ſtante dn̄o nr̄o ih̄u xp̄o (ſine quo nichil
fieri p̄t) q̄ eſt oīpotens ⁊ glorioſus ⁊ laudabilis ⁊ bn̄dcꝰ cū in-
temerata ꝟgine Maria mr̄e ſua in ſecula ſeculoꝝ Amen.

¶ Tractatus de regimīe peſtilentie dn̄i kamiti epī Aruſiñ ciui
tatis regni dacie artis medicīe expᷓtiſſimi pᷓfeſſorꝫ finem habet

Incipit regimen ſanitatis ꝑ circulum anni valde vtile

Januarius — In iano claris calidiſqꝫ cibis potiaris
Atqꝫ decens potus poſt fercula ſit tibi notus
Ledit em̄ medo tūc potatus bn̄ credo
Balnea tutius intres. et venā findere cures

Aquarius. calidus. et humidus: bonum
Aquarius — Ungere crura caue cū luna videbit aquoſum
Inſere tunc plantas. excelſas erige turres
Et ſi carpis iter tunc tardius ad loca tranſis

Naſcitur occulta febris februario multa
Februarius — Potibus et eſcis. ſi caute viuere velis
Tunc caue frigora. de pollice funde cruorem
Suge mellis fauū. pectus qui morbe curabit

Piſcis frigidus et humidus indifferens
Piſcis — Piſcis habens lunam noli curare podagram
Carpe viam tutus ſit potio modo ſalubris.

Martius — Martius humores gignit varioſqꝫ dolores
Sume cibū pure cocturas ſi placet vre
Balnea ſunt ſana ſed que ſuꝑflua vana
Uena nec abdenda: nec potio ſit tribuenda

Aries — Aries calidus eſt et ſiccus bonum
Nil capiti noceas aries cum luna refulget
De vena minuas et balnea tutius intres
Non tangas aures nec barbam radere cures

Aprilis — Hic probat in vere vires aprilis habere
Cuncta renaſcuntur vires tunc aperiuntur
In quo ſculpeſcit corpꝰ. ſanguis quoqꝫ creſcit
Ergo ſoluatur venter cruor et minuatur

Taurus frigidus et ſiccus malum
Taurus — Arbor plantetur cum luna taurus habetur
Non minuas m̄ edifices: nec ſemina ſparges
Et medicus caueat cum ferro tangere collum

September

Fructus maturi ſeptembri ſunt valituri
Et pira cũ vino. panis cũ lacte caprino
Aqua de vrtica tibi potio fertur amica
Tunc venam pãdas. ſpecies cũ ſemĩe mãdas

Libra

Libra calidum et humidum bonum
Libra luna tenens. nemo genitalia tangat
Aut renes nates. nec iter carpere debes
Extremã partem libre. cũ luna tenebit

October

October vina prebet cũ carne ferina
Nec nõ aucina caro valet et volucrina
Quãuis ſint ſana tamen eſt repletio vána
Quantũ vis comede ſed non precordia lede

Scorpio

Scorpio frigidum et humidũ indifferens
Scorpius augmẽtat morbos in parte pudẽda
Vulnera nõ cures caueas aſcendere naues
Et ſi carpis iter timeas de morte ruinam

Nouember

Scire tibi datur hoc q̄ reuma nouẽbre curat
Queq; nociua vita tua ſint p̄cioſa q; dicta
Balnea cũ venere tunc ꝯſtat nulla valere
Potio ſit ſana ſic atq; minutio bona

Sagittarius

Sagittarius calidũ et ſiccum bonum
Luna nocet femori per partes mota ſagitte
Vngues vel crines poteris preſcindere tute
De vena minues et balnea citius intres

December

Sane ſt; membris res calide menſe decẽbris
Frigus vitetur capitalis vena ſcindetur
Lotio ſit rara. bachi potatio cara
Sit tepidus potus. frigori contrarie totus

Capricornus

Capricornus frigidum et ſiccum malum
Capra nocet genibus ipſam cũ luna tenebit
Intrat aquam nauta citius curabitur eger
Fundamẽta ruũt: modicũ tũc durat idipſum

Explicit regimen ſanitatis ꝑ circulũ anni valde vtile

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Maius

Maio ſecure laxari ſit tibi cure
Scindatur vena ſed balnea dant amena
Cũ calidis rebus ſint fercula ſeu ſpeciebus
Potibus aſtricta ſit ſaluia cum benedicta

Gemini

Gemini calidus et humidus malum
Bracia non minuas cu luſtrat luna gemellos
Unguibus et manibus cũ ferro cura negetur
Nunq; portabis a ꝑmiſſione petitum

Junius

In iunio gentes perturbat medo bibentes
Atq; nouellarũ fuge potus ceruiſiarum
Ne noceat colera valet hec refectio vera
Lactuce frondes ede. ieiuno bibeq; fontes

Cancer

Cancer frigidus et humidus indifferens
Pectus pulmo iecur in cancro nõ minuãtur
Somnia falſa vides vtilis ſit pemtio rerum
Potio ſumatur ſecurus perge viator

Julius

Qui vult ſolamen. Julius ꝓbat h' medicamẽ
Venã non ſcindat nec ventre potio ledat
Sõnum compeſcat et balnea cũca paueſcat
Prodeſt vnda recens. alliũ cum ſaluia muda

Leo

Leo calidum et ſiccum malum
Cor grauat et ſtomachũ. cũ cernit luna leonẽ
Non facias veſtes nec ad conuiuia vades
Et nil ore vomas. nec tũc ſumas medicinã

Auguſtus

Quiſq; ſub auguſto viuat medicamie iuſto
Raro dormitet eſtum coitum quoq; vitet
Nemo laxari debet vel fleubothomari
Balnea non curet nec multa comeſtio duret

Virgo

Virgo frigidũ et ſiccũ indifferens
Lunã virgo tenens vxorem ducere noli
Viſcera cũ coſtis caueas tractare cruorẽ
Semen dec' agro dubites intrare carinã

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